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Thursday, July 19, 2012

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Clearing up a fuzzy picture

CRTC decision means your cable or satellite bill is about to get a little bit cheaper PAGE 4

ADDICTED TO THE AIR

SASKATCHEWAN DIVER HAS OLYMPIC MEDAL IN SIGHT PAGE 2

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U.S. drought could mean good news for province's farmers

Sunny prospects. Saskatchewan farmers could reap benefits as wilting outlook for American corn crop pushes up prices of other commodities

A miserable year for farmers in the U.S. could result in Saskatchewan farmers cashing in.

Agricultural commentator Kevin Hursch says the United States is seeing some its worst drought conditions in more than half a century.

A recent report says 55 per cent of the country is in a moderate to extreme drought.

The outlook for the all-important American corn crop has dramatically declined, pushing up prices for other commodities and eventually for a range of consumer goods.

Hursch says it's sending many Canadian prices higher as well, particularly canola and feed barley.

He says Saskatchewan in particular could benefit from this.

"Saskatchewan producers, many of them, are looking at the potential for a very good year," he said. "Not only are prices good for most all commodities, but in many areas of Saskatchewan, prospects are for a very good crop as well."

It's a confluence of circumstances he says doesn't happen very often.

"Often times those things don't come together. Often times when you have a good crop, the price is low or the prices shoot high but you're part of the production shortfall and you don't have a good crop to sell."

Hursch is quick to acknowledge that not every farmer will "luck out."

There could be conditions beyond their control that could hinder their crops, but he says overall prospects are still very good.

THE CANADIAN PRESS

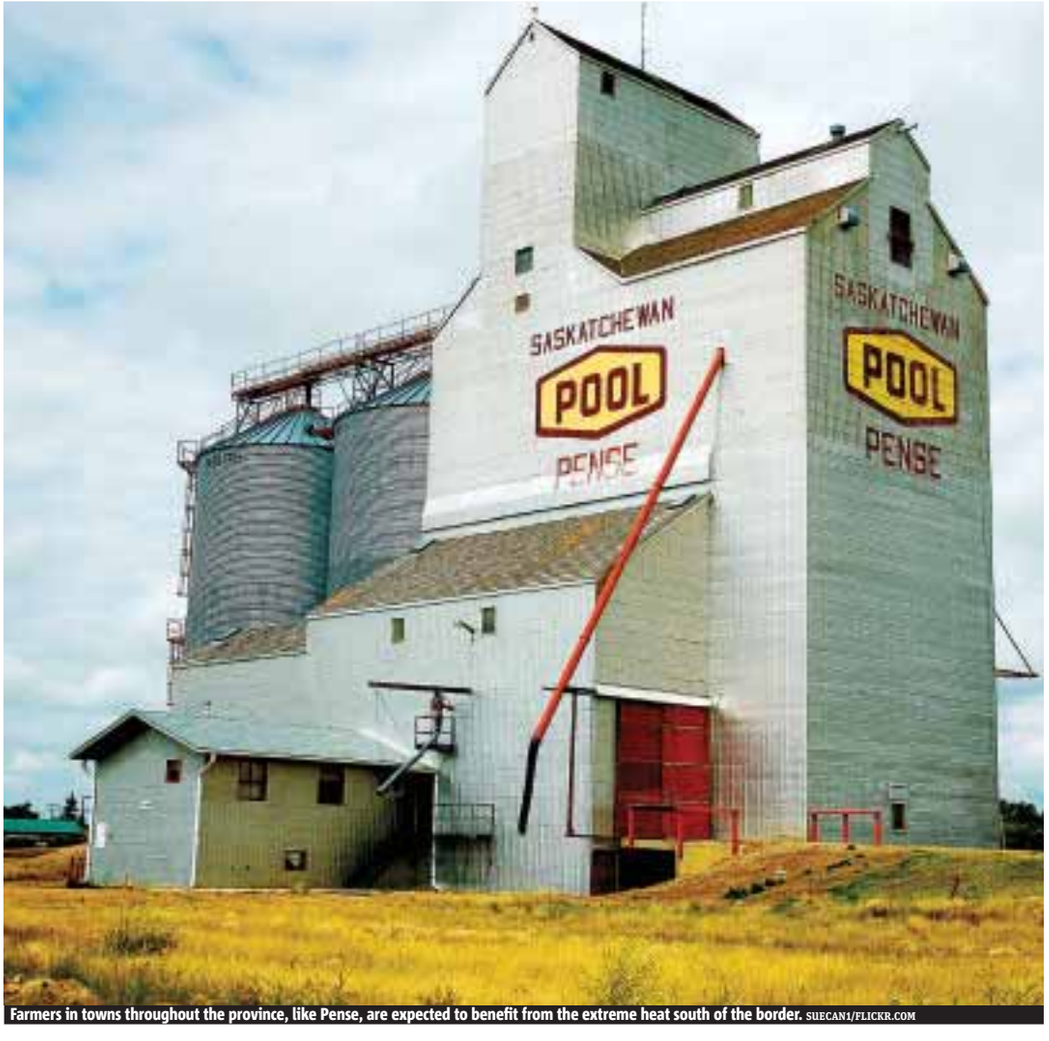
Quality rising

Province's crops coming up spades

According to the most recent crop report, issued by Saskatchewan Agriculture, most crops in the province are in fair to excellent condition.

Ninety-two per cent of the hay crop in Saskatchewan so far this season is rated as good to excellent in quality, and 70 per cent of the fall cereals are doing just as well. The mostly warm and dry weather "allowed for significant haying progress over the past week," according to the report.

The crops that aren't in good condition were damaged by the extreme weather the province has been seeing. "Disease, flooding, hail and wind are causing the majority of crop damage," the report reads. METRO



Farmers in towns throughout the province, like Pense, are expected to benefit from the extreme heat south of the border. SUECAN1/FLICKR.COM

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NEWS

On the web

Planned prank takes unexpected turn

A prankster and his partner came up with a high-concept ruse intended to convince a Boca Raton, Fla., man that he was the target of a Russian hitman — but things didn't turn out quite as intended. Go to metronews.ca to see how the prank went awry.

Florida robbery reignites law debate

Florida's controversial "Stand Your Ground" law is back in the news after an elderly man brazenly shot and wounded two people during an attempted robbery at an Internet café. Go to metronews.ca to watch the shocking video.

Mobile news

A zoo in Ukraine is now home to a group of white lion cubs that can only be described as heart-meltingly cute. Scan the code to see photos of these cuddly predators eagerly awaiting feeding time.

Asia-Pacific Gateway driving prosperity

Commodities market. Feds seek input from Saskatchewan on efficiencies in transporting resources

JANE CAULFIELD
jane.caulfield@metronews.ca

Ed Fast, minister for the Asia-Pacific Gateway, right, and Matthew Albrecht, senior vice-president of marketing at Canpotex, left, get some information from a chief metallurgist at the Cory potash Mine in Saskatoon on Wednesday. JANE CAULFIELD/METRO

The federal government is looking to Saskatchewan for input on how to improve infrastructure that specifically relates to the transport of imports from and exports to Asia.

Ed Fast, minister for the Asia-Pacific Gateway, said that as original initiatives — such as the Circle Drive South project in Saskatoon — near completion, the government is starting to look ahead.

This means it's seeking "input from all of the key stakeholders to find out what remaining pinch-points are there in our transportation system when it comes to getting our resource products out to market," he said.

Fast added when federal, provincial and municipal governments and the private sector collaborate on projects, such as infrastructure, prosperity is ensured.

"Our Asia-Pacific Gateway strategy is a pan-Canadian strategy. It's about driving prosperity in every region of our country. It's not just about Western Canada, it's about Central Canada," said Fast.

Highlighting Canada's top market position for many commodities, such as potash, Fast said that the strategy has been about making supply chains between Asia and North America more efficient.

"The more efficient we are, the more price competitive we get and the more vibrant those markets will be for Canadian producers."

Fast was in Saskatoon to meet with execs from Potash Corp., Canpotex and Transport Canada Wednesday at the Cory potash mine.

The Asia-Pacific Gateway and Corridor Initiative launched in 2006, and has seen close to $4 billion worth of investment being made in Asia-Pacific Gateway infrastructure projects.

Public speaks out

Executive council approves Riders stadium funding

At Wednesday's executive council meeting, the memorandum of understanding between the City of Regina, the province and the Saskatchewan Roughriders Football Club was approved.

The topic will be brought before city council on Monday, but Wednesday's meeting was the first opportunity the public has had to officially chime in on the agreement since it was announced before the Riders game on Saturday.

Greg Hanwell, a Regina business owner, said he believes there was not enough consultation of business owners and the public before the announcement.

"The stadium has the potential to do more than provide a new home for the Riders — it could change the city," said Hanwell to the committee. "Rushing into things for political or fiscal expediency might not be the most prudent long-term solution."

A full conception of what the $278-million stadium will look like will not be available to the public until September.

JEFF MACKEY/METRO

REUBEN ROSS

Pilot Butte synchronized diver in search of Olympic podium

ADDICTED TO BEING AIRBORNE

Reuben Ross never liked being grounded.

When the Pilot Butte and former University of Miami synchronized diver was seven, his parents bought him a trampoline. Shortly after, Ross discovered his addiction to being airborne.

"He liked to be in the air, whether it was a trampoline or jumping a BMX bike over ramps. We thought it would be safer in the air when he came down into water rather than pavement so we enrolled him in diving," said Ross's father, Nat.

Ross, 26, will compete in the men's synchronized three-metre springboard event in London at the Olympic Summer Games. After nearly medalling at the 2008 Beijing Olympics, Ross has the podium in his crosshairs.

However, in June, Ross's diving partner Alexandre Despatie suffered a concussion,putting the pair's Olympic ambitions in jeopardy.

"With sports there are unpredictable events," said Ross. "Since we've not been able to train much together I am just diving, trying to get better and ensuring that I am prepared for whenever Alex is ready to dive together. His recovery is going great; he's not only diving again but he's diving great," said Ross via email from London.

Ross's friends and family — 39 of them — will make the Olympic trek to cheer him on. Two of these fans, his grandmothers Gladys White, 93, and Gina Ross, 90, were born in Britain and are excited to return to their motherland to watch Ross dive.

"What's more amazing is the dedication and determination of my grandmothers," Ross said. "Since they were both born in England it makes these Games more special. I've been doing everything in my power to ensure that I give them a good show."

How rigorous is your training?

Twenty-five hours a week, six days a week. Sunday is our only sleep-in day. When I go to the pool I am not going there to relax — I go there to get better.

What would you do with an Olympic medal?

Show my family. They've given me so much support over the years. It would be my way of giving back. After, I might put it in a big glass of Crown Royal and Coke as a celebratory drink.

DORIAN GEIGER/METRO

Reuben Ross, back, dives alongside his partner Alexandre Despatie who recently suffered a serious concussion and laceration to his head, but will compete with Ross at the 2012 London Olympic Summer Games. CONTRIBUTED/DIVE CANADA

B.C. kidnapping case

Abductor first wanted brother

The man who abducted a three-year-old B.C. boy before returning him unharmed days later had initially considered taking the child's older brother, his sentencing hearing was told Wednesday. Randall Hopley, 46, had pleaded guilty to abducting Kienan Hebert. THE CANADIAN PRESS

Holocaust

Man arrested for alleged war crimes

A Hungarian and ex-Canadian suspected of abusing Jews and helping deport thousands of them during the Holocaust was taken into custody Wednesday and charged with war crimes. Laszlo Csatary, 97, had been one of the most-wanted alleged Nazi war criminals. THE ASSOCIATED PRESS

Big Pharma

Drug company paying up millions

An Australian woman born without arms and legs after her pregnant mother took the anti-morning-sickness drug Thalidomide has reached a multimillion-dollar settlement with the medicine's British distributor. The German maker of the drug refused to settle. THE ASSOCIATED PRESS

Zanzibar

12 killed in island ferry accident

A Zanzibar official says 12 people were killed in a ferry accident off the coast of Tanzania's island region of Zanzibar. Witnesses said the ferry carried more than 200 people when it sank. The ferry was leaving the Tanzanian port city of Dar es Salaam. THE ASSOCIATED PRESS

South Africa

Mandela birthday honoured

A nation divided came together Wednesday to honour Nelson Mandela. Officials estimated nearly 12-million youth kicked off celebrations with resounding "Happy Birthday" choruses. Millions more joined in from offices, buses, train stations and Mandela Square. THE ASSOCIATED PRESS

B.C. B&B

Owners must pay for refusing gays

The owners of a now-closed bed-and-breakfast in southern B.C. must pay more than $4,000 for refusing a room to a homosexual couple. The B.C. Human Rights Tribunal has ordered Susan and Les Molnar to compensate the couple for injury to dignity and self-respect THE CANADIAN PRESS

Syria rebels kill key regime chiefs

Civil war. According to Syrian Observatory for Human Rights, nearly 100 people were killed Wednesday

Fahd Jassem al-Freij, who was made Syria's defence minister hours after his predecessor's death.
SANA/THE ASSOCIATED PRESS

Rebels penetrated the heart of Syria's power elite Wednesday, detonating a bomb inside a high-level crisis meeting in Damascus that killed three leaders of the regime, including President Bashar Assad's brother-in-law and the defence minister.

The unprecedented blow to the ruling dynasty could mark a turning point in the civil war, suggesting that those once close to Assad are turning against him. The bombing follows some of the worst bloodshed in Damascus of the 16-month uprising, a growing list of high-ranking defections and mounting frustration by world leaders over their inability to find a diplomatic solution.

Rebels claimed responsibility for the attack, saying they had been planning it for two months and decided to plant the bomb in the room where the top government security officials in charge of crushing the revolt were holding a crisis meeting. THE ASSOCIATED PRESS

Wildfires rage near Greek city of Patras

An helicopter drops water over a wildfire near Patras, Greece, Wednesday. Regional authorities declared an emergency in southwestern Greece as wildfires threatened village homes outside Patras. Nine planes and one helicopter were involved in the firefighting effort Wednesday at Argyra, some 15 kilometres east of Patras, amid high winds and temperatures above 40 C. GIANNIS ANDROUTSOPOULOS/THE ASSOCIATED PRESS

Bulgaria. Bus carrying Israelis explodes in resort

A bus carrying Israeli youth exploded Wednesday in a Bulgarian resort, killing at least four people and wounding more than two dozen, police and hospital officials said. Israeli Prime Minister Benjamin Netanyahu called it "an Iranian terror attack" and promised a tough response.

The explosion took place in the Black Sea city of Burgas, some 400 kilometres east of the capital, Sofia. TV images showed smoke billowing from the scene — a parking lot at the local airport where the Israeli tourists had apparently just landed. Several buses and cars were on fire near the shell of the exploded vehicle.

Bulgaria, an eastern European nation bordering Greece and Turkey, is a popular tourist destination for Israelis.

A tourist arrives at hospital after a bus exploded Wednesday in Bulgaria.
BULPHOTO AGENCY/THE ASSOCIATED PRESS

It was not yet certain what caused the blast — whether it was the result of a suicide bomber or a device remotely detonated — and no group immediately claimed responsibility.
THE ASSOCIATED PRESS

Cambodia. Schools are closed to cope with disease

Cambodia is closing all kindergarten and primary schools two weeks before a regular vacation to try to stop the spread of a virus that has killed hundreds of young children around Asia.

Deputy Education Minister Mak Van said more than 2,700 kindergartens and 7,000 primary schools closed Wednesday to try to cope with the menacing form of hand, foot and mouth disease known as enterovirus 71 strain, or EV-71.

The victims sometimes suffer high fever, brain swelling, paralysis and respiratory shutdown, though they may have been infected by people with few or no symptoms. The recent deaths of almost 60 Cambodian children raised the alarm over the disease.

Vietnam and China have also had outbreaks. And in neighbouring Thailand, three schools in Bangkok closed Wednesday over new cases in students.
THE ASSOCIATED PRESS

EV-71

- Hand, foot and mouth disease is as common as chicken pox in Asia, and usually about as severe.
- Doctors are still struggling to understand why its latest strain is so devastating.
- In the first half of this year alone, 356 people in China and 33 in Vietnam have died from it.

Worship. Judge orders opening of U.S. mosque

A U.S. federal judge Wednesday ordered a county in the southern state of Tennessee to move ahead with opening a Muslim congregation's newly built mosque after a two-year fight from opponents.

The Islamic Center of Murfreesboro sued Rutherford County earlier in the day and asked District Judge Todd Campbell for an emergency order to let worshippers into the building before the holy month of Ramadan starts Thursday.

Federal prosecutors also filed a similar lawsuit.

The future of the mosque had been in question since May, when a local judge overturned the county's approval of the mosque construction. This month he ordered the county not to issue an occupancy permit for the building.

Campbell ordered the county to move ahead on approving the mosque for use, although it wasn't immediately clear if that could happen by Thursday. Final inspection of the building is required.

The contentious fight over the mosque stems from a 2010 lawsuit filed by residents who claimed that Islam was not a real religion and that local Muslims intended to overthrow the U.S. Constitution in favour of Islamic religious law.
THE ASSOCIATED PRESS

Discrimination

"The Muslim community has been under siege for the last two years."

Imam Ossama Bahloul. The Islamic centre has faced acts of vandalism, arson and a bomb threat.

Mark Carney, governor of the Bank of Canada, holds a press conference at the National Press Theatre in Ottawa on Wednesday to discuss the contents of the Monetary Policy Report. SEAN KILPATRICK/THE CANADIAN PRESS

Carney to help reform LIBOR amid scandal

Mark Carney says he intends to use his position as head of the international Financial Stability Board to take up the issue of reforming the scandal-plagued interbank lending system at the earliest opportunity.

The Canadian central banker said Wednesday he's already exchanged views with his counterparts in the world's leading economies and plans to discuss possible reforms in September. Carney said he and U.S. counterpart Ben Bernanke agree that LIBOR, the London interbank offered rate — which sets terms under which banks lend each other funds and influences other interest rates — is structurally flawed. LIBOR has been discredited recently by evidence that some of the banks that set the benchmark have provided false information. THE CANADIAN PRESS

Funding cuts to lower cable and satellite bills

Broadcasting. The CRTC is phasing out a local programming fund aimed at helping stations during the 2008 recession

Cable and satellite bills will be shrinking a little bit as the CRTC begins to phase out a special fund designed to boost local programming.

The Canadian Radio-television and Telecommunications Commission issued a decision Wednesday, saying that the Local Programming Improvement Fund will be phased out over the next two years. It was introduced during the 2008 recession to help conventional stations operating in non-metropolitan areas.

Many cable and satellite providers passed along the 1.5 per cent fee of the recurring monthly bill to consumers, and the CRTC says they can expect a corresponding reduction in their cable or satellite bills as the fee is phased out.

In 2010, 78 stations received funding totalling $100 million. In 2011, 80 stations received $106 million.

"The fund was created to ensure television stations had the resources to meet Canadians' needs for local programming. We are satisfied with the support it has provided during a difficult economic period," said Leonard Katz, CRTC's vice-chairman of telecommunications and chair of the hearing panel.

The CRTC said the financial situation of these broadcasters has improved due to a recovery in the advertising sector as well as a successful transition to digital television. It said it was confident that these stations will maintain the same quality of programming without support from the fund.

Cable and satellite companies must prepare a report by Sept. 17, outlining the measures taken to ensure that the bills of affected consumers will reflect these reductions, and they must also provide evidence that consumers have been notified or that they were never required to pay the contribution. TORSTAR NEWS SERVICE

Upcoming cuts

Beginning Sept. 1, required contributions will be cut to one per cent of gross broadcasting revenue, and on Sept. 1, 2013, the fee will be cut to 0.5 per cent of gross broadcasting revenue.

- By Sept. 1, 2014, the fund will be discontinued.

StatsCan

Chinese visitors to Canada up

Statistics Canada says fewer people travelled to and from Canada in May compared to travel in April.

Canadian residents made 5.3-million trips abroad that month, mostly to the U.S., but that's 1.7 per cent fewer trips than in April.

However, Chinese visitors to Canada rose to 24,000 trips, a 3.4 per cent increase. Statistics Canada reports that China has overtaken Australia as the fourth-largest overseas market for Canada behind the U.K., France and Germany. THE CANADIAN PRESS

Market Minute

DOLLAR 98.94¢ US (+0.18¢)

TSX 11,579.15 (+7.96)

OIL $89.87 US (+65¢)

GOLD $1,570.80 US (-$18.70)

Natural gas: $2.973 US (+17.7¢)
Dow Jones: 12,908.7 (+103.16)

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The future is in e-retailers: Report

Big-box retailers are starting to feel the heat from online retailers like Amazon, concludes a new report on the future of retail. MATT CARDY/GETTY IMAGES FILE

The future of retail is in the palm of your hand.

"Big-box retailers like Best Buy and Walmart are starting to feel the heat as sales decline in the face of stiffer competition from e-retailers like Amazon," declares the third annual Future of Retail report from trend-watchers PSFK.

"Showrooming is the new reality."

Meaning, explains PSFK founder and president Piers Fawkes, customers are already using their mobile phones to shop and retailers have to stop fighting and join in.

"There's a great opportunity to provide personal service," says Fawkes. "Technology is pretty cheap compared with the proprietary systems of the past."

The future, then, lies in combing that mobile, roving database customers are carrying with brick-and-mortar shopping.

Fawkes uses the example of trying to find a jacket online.

Currently he has to rifle through 100,000 jackets he doesn't want first. Soon, retailers will know how to show him two or three that meet all his criteria. TORSTAR NEWS SERVICE

YOU COULD WIN* A RETURN FLIGHT FOR 2 TO NEW YORK CITY VIA LAGUARDIA AIRPORT WITH WESTJET
Non-stop flights from Calgary to New York via Newark also available.
Convenient connections from many western cities.
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VISIT clubmetro.com TO ENTER
WESTJET
*No purchase necessary. Terms and conditions apply. For full contest details and terms and conditions, visit clubmetro.com

LIFE SUCKS AND THEN YOU DIET

HE SAYS...
John Mazerolle
metronews.ca/hesays

This is hard to swallow, but I think the weight-loss industry may have some ethical problems.

I know. It's one of those instances where our illusions are shattered and our innocence is lost, like when the emperor in the Star Wars prequels turned out to be evil.

But I'm convinced it's true.

As an in-depth researcher of societal trends (I read Google News), I've noticed that a new weight-loss drug or diet plan or study is released almost every day.

The drug is usually approved by the authorities, but has a list of side effects as long and painful as Atlas Shrugged.

And the diet plan, even if it works, usually charges you to do something you could do on your own ("Order our Triple-A 'Activity Addition Abacus' for only $19.95!").

Fatten down

The diet plan, even if it works, usually charges you to do something you could do on your own ("Order our Triple-A 'Activity Addition Abacus' for only $19.95!").

What makes it worse is all the self-evident studies. Either it's a "positive" study showing, for instance, that running a marathon is linked to looking good in shorts, or it's a "negative" study that shows, say, a possible connection between heart disease and freebasing gravy.

The upshot is, we all know losing weight is hard, but we also know the proper way to deal with it.

I am, of course, talking about the only solution: Mazerolle-Brand Diet Products! Yes! With my unique line of inexpensive weight-loss tools, people will be asking if you've been recently ill or your money back.

My products:

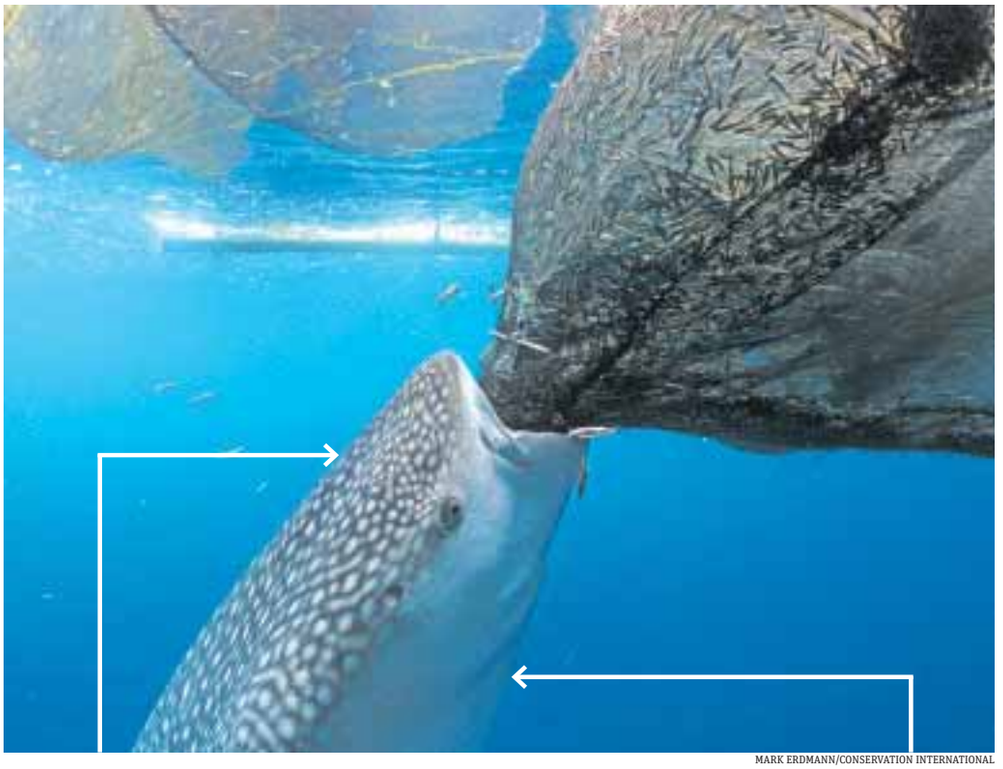
- **The Diet Diary:** New findings suggest that the best way to lose weight is to keep a food diary. But what does it say about your self-esteem if you scratch out your meals on some random piece of paper? If you care about yourself, you'll buy my handsome pleather-bound Duo-Tang, complete with example entries to get you started: "Dear Diary, I like bacon sooo much. 'Like' like! But does bacon even know I exist?"
- **The Self-Dismemberment Diet:** Also known as SDD, is a quick and easy plan to lose weight. Would you give your right arm to lose weight? Then do it! Worried about side effects? Remove a side! To help stop the bleeding, order a Mazerolle Diet Plan Tourniquet.
- **Bachelor's Package:** This is the linchpin. You'll learn my own personal tricks for staying thin, such as losing your debit card on the weekend, or reminding yourself that if you cook it will mean doing dishes. Also, I lost 20 pounds (really) when the Boston Bruins made their 2011 Stanley Cup run, mostly due to stress. So cheer on a successful team. (WARNING: If you are waiting on a Canadian NHL team, you will balloon to 400 pounds.)

Don't weight until it's too late to push back the scale. ISTOCK

And those are my completely ethical weight-loss products. I hope you find them helpful.

One parting tip is to remember that dieting is still about eating, not starving yourself. When I get peckish, I feel free to open the fridge and treat myself to whatever's in there — usually a box of baking soda and a jar of capers. If that doesn't help you lose weight, nothing will.

Shark is having a whale of a time



MARK ERDMANN/CONSERVATION INTERNATIONAL

Wildlife expedition

Whale shark food feast goes viral

Divers caught a rare scene of the world's largest fish, the whale shark, sucking silverside bait fish out of a fisher's net.

The video footage taken by environmental group Conservation International (CI) in Indonesia's Cenderawasih Bay has become a viral hit since it was uploaded on YouTube last month, amassing more than 1.3-million hits.

METRO

Biologist's view

"The interest this video has gotten on the Internet is amazing and it underscores the need for these types of expeditions to further knowledge of whale sharks."

Dr. Mark Erdmann, marine biologist and senior advisor to CI-Indonesia's marine program

Quite the appetite

- **Purpose of expedition.** To inject whale sharks with pill-sized transmitters, which serve as a unique, permanent "ID card" to monitor animals' behaviour and history.
- **Diet.** Whale sharks, the largest species of fish in the ocean, can eat up to 2.6 tons of plankton and small fish per day. Whale sharks are "filter feeders": They jut out their jaws and passively filter food into their mouth.

Adding it up

15

metres is the top length of a whale shark — as long as a common yellow school bus. On this expedition, a total of 30 individuals were successfully tagged.

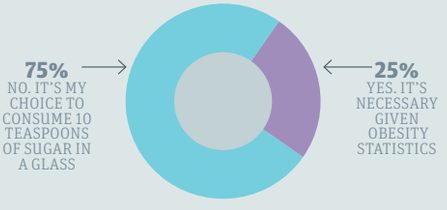
Go to metronews.ca ...

- ... to see a video of the shark devouring its lunch and watch scientists free it after it gets caught in the net!

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you think sugary drinks should be banned in restaurants?



Twitter

@reidsnicholson: Lutheran home loses lvl 2 care ward, ring road disastrous and $150M needed for water treat. fac. Not hating but #yqr #priorities #stadium

@colincraig1: Dear #Regina council, it's not "consulting" with taxpayers if u r "primarily" telling them your stadium plan

@DavidLoblaw: Perhaps stadium is not election issue. Very few citizens attend today's committee vote. More at Mon's city council meeting?

@KareyKapell: Compliments from women who live in the big fashion centers like NYC and toronto are always nice to hear! #YQR and proud of it!

@BraunBraun: I'm flattered random man on the street that you want me as a business partner...but I have trust issues.

metro

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SCENE

Scene in brief

The award goes to...

The first time Kathleen Edwards was shortlisted for the Polaris Music Prize back in 2008, she didn't know much about the award. But it's a sign of how much the $30,000 prize's profile has grown over the past four years that the Ottawa singer/songwriter felt very differently when she was nominated for a second time on Tuesday. She joined an eclectic 10-artist short list that also includes Toronto rapper Drake, Vancouver rock duo Japandroids and Calgary-reared songstress Feist. The Polaris Music Prize — awarded to the top Canadian album of the year based strictly on merit and not sales — is voted on by 200-plus music journalists, bloggers and broadcasters.

THE CANADIAN PRESS

On the web

Walmart in Kodiak, Alaska, gets most 'likes,' wins personal appearance by rapper Pitbull

Stuck in the middle with you

Middle Children promise all the shenanigans of this photo when they perform at the Artful Dodger tonight and Friday. COURTESY COLBY RICHARDSON

Taking the long way. Improv troupe Middle Children practise extensively together — which makes their lengthy skits work

BACKSTAGE PASS
PAUL BOGDAN
regina@metronews.ca

While most Reginans are familiar with short form improv acts such as Combat Improv, long form improv shows are a little less known.

Colby Richardson — along with Judy Wensel, Daniel Maslany, Mike Schmalenberg, Lucy Hill, Mike Gill, and Jonah McFadzean — has created Regina's newest long form improv troupe, Middle Children.

"A lot of us really appreciate and enjoy the challenge that long-form improv brings us, said Richardson. "Long-form improv opens so many doorways to what you can do with an hour of improv on stage."

Richardson said short form is more abundant in Regina because it can be performed with many comedians who don't necessarily have to be overly acquainted. "Short form is more abundant because it can use a larger ensemble, and it's good for improvisers who aren't so familiar with each other," said Richardson.

"It's difficult for a bunch of improvisers who don't know each other too well to do long form because long form is usually more polished and requires a lot of rehearsals to nail down the format."

Performing together in Combat Improv over the past few years has allowed the group to better understand each individual's own improvisational style, which makes the required extra focus of long-form improv much easier.

"We not only have a familiarity with each other and how we improvise, but we all really enjoy improvising with each other," said Richardson.

The longer performance time means improvisers also have to pay greater attention to things like plot and story for longer amounts of time.

"You have to be paying attention to all the elements of the story hitherto you've established," said Richardson. "You have to have a grand scheme in mind."

Middle Children perform July 19 and 20 at the Artful Dodger. Performance times are 7:30 and 9 p.m.

Quoted

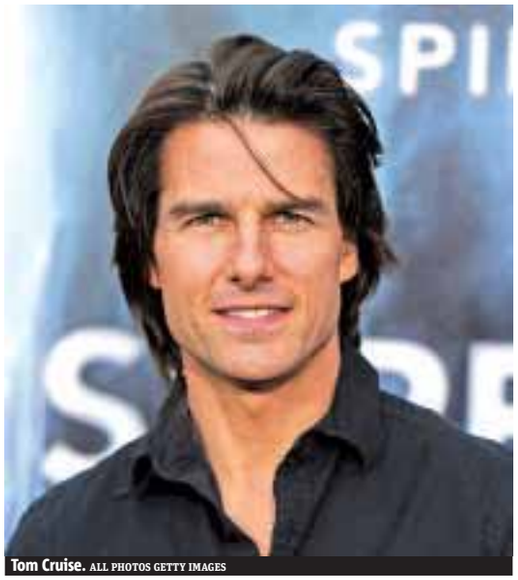
"You have to have a grand scheme in mind."

Colby Richardson, Middle Children member, on having to pay more attention to plot in long-form improv.

NEED A RIDE?
Read metrodrive every Wednesday.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Tom Cruise. ALL PHOTOS GETTY IMAGES

Tom Cruise gets first visit with Suri since divorce

Tom Cruise had his first visit with daughter Suri since he finalized his divorce settlement with Katie Holmes, according to Us Weekly.

The actor flew overnight from the California set of Oblivion to spend time with the six-year-old in New York, where paparazzi spotted Cruise carrying Suri around, her head buried in his shoulder.

"Katie wants to make sure the visits are in the context of him being a parent figure," a source recently told the magazine. "He adores Suri, but now he's afraid he won't be able to have a close relationship with her."

Quote

"Katie wants to make sure the visits are in the context of him being a parent figure." Source

Jennifer Lopez

Lopez looked through Casper when they first met

In his first public comments about his relationship with Jennifer Lopez, Casper Smart admits he didn't see fireworks the first time they met.

"I don't think it was for either of us," Smart says when asked by Good Morning America if it was love at first sight for him and Lopez.

"It was just very natural how it happened. There was nothing before, no flirting, nothing."

The Word

Limbaugh trying to get a rise out of Dark Knight fans

THE WORD
Monica Weymouth
scene@metronews.ca

Rush Limbaugh is like a cat on a diet — it's best to ignore his constant whining and pawing until it's truly impossible to read the paper in peace.

Unfortunately, today is one of those days, so you'll have to excuse us as we tune in to his thoughts on The Dark Knight Rises.

On his Tuesday radio show, Limbaugh laid out an impressive conspiracy theory, even for him: The villain of the latest Batman flick is named Bane, which he believes is a reference to the venture capital firm presumptive Republican presidential candidate Mitt Romney worked for. Take it away, Rush.

"Do you think that it is accidental that the name of the really vicious fire-breathing, four-eyed whatever in this movie is named Bane?" he asked. "A lot of people are going to see the movie — and it's a lot of brain-dead people, entertainment, the pop-culture crowd — and they're going to hear Bane in the movie and they're going to associate Bain. The thought is that when they start paying attention to the campaign later in the year, and Obama and the Democrats keep talking about Bain, Romney and Bain, that these people will think back to the Batman movie — 'Oh, yeah, I know who that is.'"

Rush, we're going to excuse the brain-dead comment in the hope that it's a zombie reference — we mindless pop-culture people like our zombies.

But we also have to point out that the character of Bane first surfaced in the 1993 comic and also appeared in the 1997 film Batman & Robin.

Now, as for Heath Ledger's spectacularly, award-winningly deranged Joker? We can't promise there wasn't a little GOP inspiration there.

Halle Berry

Halle Berry suffers head injury while filming The Hive

Halle Berry gave producers a bit of a scare when she was rushed to the hospital Tuesday night after falling and hitting her head on a concrete floor on the set of her new movie, according to USA Today.

"Halle Berry suffered a minor head injury while shooting a fight sequence on the set of her film, The Hive," a rep for the Oscar-winning actress says in a statement. "She was taken to the hospital as a precaution, but she checked out healthy."

Paris Jackson

Paris following in her dad's show business footsteps

Paris Jackson, the 14-year-old daughter of the late Michael Jackson, has accepted a role in the upcoming film Lundon's Bridge and the Three Keys, but her decision to follow her acting dreams is causing a rift with her aunt Janet Jackson, according to Us Weekly. "Janet thinks Paris should enjoy being a kid and possibly go to college," a source says. "She feels it goes against Michael's wishes."

Twitter

@lindsaylohan
its interesting to orchestrate a sex scene w/forks & spoons

@channingtatum
I think all thongs are "interestingly" uncomfortable and hilarious.

@BrettRatner
Who knows where I can buy this round sauna with a window for my house?

@normmacdonald
A dingo punched my son in the face for not doing his homework.

3 LIFE

Fashion Flash

Famous fanny: Gaga bares bod for fragrance

Lady Gaga has revealed her body yet again in an advert for her first fragrance Lady Gaga Fame. The ad campaign, shot by world-famous fashion photographer Steven Klein, features a reclining nude Gaga wearing a black mask as she holds the gold-topped fragrance bottle in an outstretched hand. Luckily for Gaga, her intimate areas are dutifully hidden by what appear to be mask-wearing, thong-clad miniature mythical warriors — 'Little monsters' perhaps? The scent's ingredients are listed as Tears of Belladonna, crushed heart of tiger orchidea, with a black veil of incense, pulverized apricot, and the combinative essences of saffron and honey drops." Bizarre, yes, but suitably kooky.

METRO WORLD NEWS

On the Web

The high-tech swimsuits of the last Summer Olympics have been banned, but Canada's swimmers say it's still an adventure squeezing into their tight racing suits. Scan the code to watch the video.

Licence to kill... in style

New Bond film Skyfall marks 50 years of girls, gadgets and 007 charm. Here, the film's costume designer Jany Temime talks tight trunks and getting up close and personal with Daniel Craig's 'perfect body'

RICHARD PECKETT
life@metronews.ca

Tight tailoring and a fixed glare, ready for action SONY

Since James Bond first hit the screen in 1962's Dr. No, 007 has been privy to a bevy of top tailors and international designers. The latest is Jany Temime, costume designer of this fall's Skyfall — and long-time Harry Potter costumer. She's charged with bringing Bond into 2012 while respecting his legacy.

"James Bond is such an iconic figure, so in one way you have to modernize it, but on the other side you have to respect people's expectations," she tells Metro.

Daniel Craig is the sixth Bond to step into the breach and puts his body on the line for Queen and Country with the good fortune of having Tom Ford's tailoring as his body armor of choice. "We decided to settle for something very body-conscious in muted colors like soft blues and grays. First, he has a lovely body," she says, with a laugh, "so it was quite interesting to use it and second, it helps to follow all his movements."

The French-born designer assures me that she took inspiration from the '60s, with a nod to the first Bond played by Sean Connery. "It has a modernized '60s allure but not boxy like a suit from that era. The suit has narrow lapels, high-waisted, tight trousers that just break on the shoes and cut in lightweight fabrics such as fine wool and mohair."

Body-skimming tailoring is one asset that Bond has never been shy of bearing all for the camera — and we'll see his legs in this installment.

"His light blue shorts, they're very iconic of Bond and why not? Daniel Craig has the body to use them," she lets slip. When asked if they're similar to Connery's Dr. No trunks, she responds, "Well, let's just say that the shape and the colour could be similar. I'm not allowed to tell you that, I suppose!"

Designing 007

Designing 007: 50 Years of Bond Style, a new exhibit in London, features the looks of Bond past, including:

Matchy-matchy Bond girls

Dr. No and Die Another Day.

Gadgets and gizmos

Jaws' Teeth: Moonraker & The Spy Who Loved Me

The Golden Gun: The Man With The Golden Gun

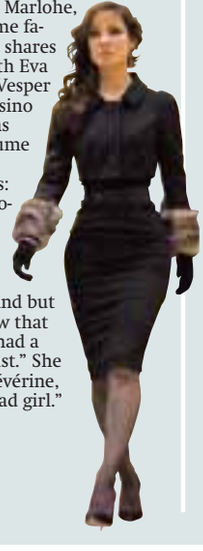
Here's a look at what else we'll see

Eve, the co-worker

"She's the colleague that you shouldn't play with; that very sexy 'girl next door' kind of look," says Temime. Gents, it certainly appears that the high-octane action scenes are not the only thing that'll excite as the designer enthuses, "Eve (Naomie Harris) has the most amazing body and the most beautiful bottom (gasps). I used bright colours, a yellow skirt, orange dress and beige because of the colour of her skin – it brings a warmth and a flash in the film."

Sévérine, the Bond girl

"I was inspired by the film noir and the '50s — she has that aura of classic beauty," says Temime. It seems Sévérine, played by the sultry Bérénice Marlohe, is a femme fatale who shares traits with Eva Green's Vesper Lynd (Casino Royale) as the costume designer describes: "She is somebody who you never quite understand but you know that she has had a heavy past." She adds, "Sévérine, she's a bad girl."



Temime on Bond baddie Silva

"Oh, Javier (Bardem) is completely different. He has a touch of sexual danger," says Temime, who continues the movie's sexual trope. Although Bardem's role in the film is being kept hush-hush, he does at one stage appear like many Bond villains before him with a blond hairdo. The costume designer reveals: "His suits are from a Savile Row tailor. If James Bond is an English gentleman in every situation, Javier is not in all."

How to work from home — in style

Design meets function. Consider wood tones, fabrics, furniture and storage as part of your decorating scheme

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Organic Chair, $278, homesav.com

A casual home office desk can be something as simple as a sofa table. HANDOUT

Beginning in the fall, I will be working part-time from home. To accommodate this I need a small desk area for my laptop and storage, which will all need to go in my living/dining room. Any suggestions on how this could work?

The last thing you want is to set up an obvious office in the middle of your entertaining space, especially when you won't be using it full-time.

I suggest creating a desk area that blends with your current decorating scheme. Consider wood tones, fabrics, furniture styles and method of storage as your key components when deciding how to decorate.

An option for a discreet, non-traditional desk could be something as simple as a modern Parson-style console table, an antique secretary china cabinet (that also offers decorative display) or a retro-looking desk that is both sculptural and practical.

Nailhead Upholstered Storage Bench, $479, westelm.com

If you are only using an office chair for an hour or so each day then choose something comfortable yet super-stylish, rather than the standard five-wheeled executive chair.

Match the chair's style to the desk; if you've chosen a retro desk, then choose a retro chair. The chair should blend well enough into your living room's decor scheme that it could be used as extra seating without looking out of place.

There are two types of storage: decorative storage that is close at hand (for monthly files, receipts and reading materials) and a long-term storage option such as a locker or an upper shelf in a closet to hide taxes, old files and rarely used office supplies.

Crane Desk, $765, crateandbarrel.com

Once you choose your desk, chair and storage, the fun begins. Treat yourself to a few accessories, such as wall sconces, artwork, lamps and other decorative accessories, that blend with your living room's decor and finish off the new work area.

Want to look professional during a Skype conference call? Make the background a neatly arranged bookshelf (with books), not a messy kitchen with your cat on the counter.

Cleaning tips

Tackle household germs

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

What are the most common areas for germs in the average household?

You might be surprised to learn there are more germs in the average household kitchen than in the bathroom!

Why? We know about the bacteria in our bathroom and make more of an effort to clean it. But we often don't see or understand bad bacteria in the kitchen or in the remainder of the house.

Here are four common areas that harbour germs and bacteria around your home:

1. The kitchen sponge: Replace often and wash daily. You can put it in the microwave for one minute on high or in the dishwasher with the full drying cycle to kill bacteria.

2. The remote control: Did you know in hotels the remote is the one item with the most bacteria? Use a cotton swab with alcohol weekly.

3. The telephone and cell phone: Use a cotton swab with alcohol weekly.

4. Door knobs of the bathroom and front door: These also need to be cleaned weekly.

Your kitchen sponge may have more germs than your toilet. ISTOCK IMAGES

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Superfood makes super pasta

Any variety of kale is fine in this super easy pasta dish as everything is cooked in one pot, says Sharon Hanna, author of The Book of Kale.

Feel free to use mature leaves as they'll be whirled with goat cheese to create a strikingly green pesto that melts into the hot pasta. If you have calendula in your garden, be sure to garnish the pasta with some edible orange petals — nasturtiums work too.

This is suitable for vegetarians and those on a gluten-free diet if non-gluten pasta is used.

1. Bring a large pot of salted water to a boil. Add garlic and shallots and boil gently for 4 minutes. Add kale leaves and continue to boil for another minute. Watch the pot — you want the kale to remain bright green.

2. Using a slotted spoon, remove kale to a colander. Scoop out garlic and shallots and transfer them to the bowl of a food processor. Leave pot with water at a boil. Drop pasta into boiling water.

3. While pasta is cooking, squeeze excess moisture from kale. Add to food processor along with cheese, pine nuts, salt, pepper and lemon juice. Process while adding olive oil slowly, until mixture is creamy.

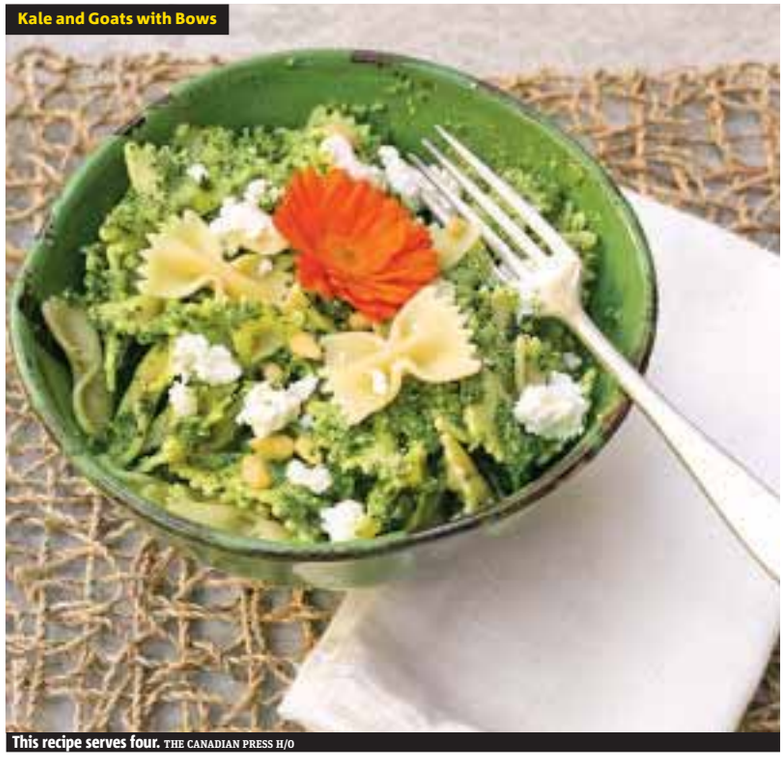
4. Let pesto mixture stand until pasta is cooked to the desired texture.

5. Drain pasta well and combine with puréed mixture. Before serving, sprinkle with extra goat's cheese and fresh thyme leaves, if desired.

THE CANADIAN PRESS/THE BOOK OF KALE: THE EASY-TO-GROW SUPERFOOD BY SHARON HANNA (HARBOUR PUBLISHING CO. LTD., 2012)

Ingredients

- 6 large garlic cloves, peeled
- 2 or 3 small shallots, peeled
- 2 l (8 cups) kale leaves, packed
- 350 g (12 oz) dried farfalle (bowtie pasta)
- 250 g (8 oz) soft goat's cheese, plus extra for topping
- 45 ml (3 tbsp) pine nuts
- Salt and black pepper, to taste
- 45 ml (3 tbsp) lemon juice
- 125 ml (1/2 cup) extra-virgin olive oil
- Fresh thyme leaves (optional)



Kale and Goats with Bows

This recipe serves four. THE CANADIAN PRESS H/O

Book of the week

Discover joys of a 'miracle food'

Kale has been lauded one of the most nutrient-dense greens in existence. Yet, many don't know how to make it taste good.

Sharon Hanna changes that with her book The Book of Kale, which offers more than 70 simple recipes for breakfast, lunch, dinner and snacks.

Wilted Kale with Caramelized Parsnips, Pizzocheri Noodles with Greens and Fontina, Kale and Potato Torta and Kale in Coconut Milk with Salmon Candy are all sure to blow kale skeptics out of the kitchen.

The book also provides tips on growing kale in your own backyard. **METRO**

Overlooked herb stars in Fried Sage & Parmesan Penne dish

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

It's hard to not love an ingredient that loves fat.

And that's exactly what sage does — it partners perfectly with foods rich in oils and fats. That's why it is so common in hearty holiday foods. Actually, that's part of sage's problem too, and why it has a relatively low profile in American cooking compared to other herbs, such as basil and oregano.

In Italy, sage rules saltimbocco and osso bucco. But it's also a natural with butter-drenched pasta — like this one.

1. Bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions. Reserve 1/4 cup of the cooking water, then drain the pasta, return it to the pot, cover and set aside.

2. Meanwhile, in a small bowl, lightly beat the egg. Place the flour in a second bowl, then mix a bit of salt and pepper into it.

3. One at a time, dunk each sage leaf first in the egg, then in then in the flour. Shake off any excess flour, then set aside.

4. In a small skillet over medium-high, melt the butter. When it just starts to bubble, add the sage leaves and fry for 1 to 2 minutes per side, or until lightly browned. Transfer to a plate and set aside. Add the pine nuts to the skillet and toast in the butter that remains in the pan for 1 minute.

5. Drizzle the butter and pine nuts over the cooked pasta. Sprinkle in the Parmesan and use tongs to toss until melted. While tossing, drizzle in just enough of the reserved pasta cooking water to create a thick sauce. Season with salt and pepper.

6. Divide between serving plates, then top each portion with fried sage leaves.

THE ASSOCIATED PRESS

Ingredients

- 1 lb penne pasta
- 1 egg
- 2 tbsp all-purpose flour
- Salt and ground black pepper
- 12 large fresh sage leaves
- 4 tbsp butter
- 1/3 cup pine nuts
- 1 cup grated Parmesan cheese

Penne Bruschetta. No-cook sauce makes a perfect hot weather dish

This pasta dish will be a favourite for summer cooks as the sauce doesn't require cooking over a hot stove. This meal is fast, easy and a perfect pre-exercise dish.

1. In a large bowl, toss tomatoes with onion, basil, parsley, vinegar, salt, pepper and garlic. Let stand for at least 10 minutes.

2. Meanwhile, cook penne according to package directions. Drain well and toss with reserved bruschetta mixture.

3. Toss mixture with olive oil. Taste and adjust seasonings before serving. Serve warm or at room temperature.

THE CANADIAN PRESS/CATELLI HEALTHY HARVEST

Ingredients

- 1 pkg (375 g) whole-wheat penne rigate
- 625 ml (2 1/2 cups) chopped, ripe on-the-vine tomatoes
- 125 ml (1/2 cup) chopped sweet or white onion
- 250 ml (1 cup) loosely packed, chopped fresh basil leaves
- 125 ml (1/2 cup) loosely packed, chopped fresh parsley
- 15 ml (1 tbsp) sherry vinegar or balsamic vinegar
- 2 ml (1/2 tsp) each salt and pepper
- 4 cloves garlic, finely chopped
- 15 ml (1 tbsp) extra-virgin olive oil

NHL

No date-rape charge for Kings' Doughty

Prosecutors have declined to file a date-rape charge against Los Angeles Kings star Drew Doughty, citing insufficient evidence.

The Los Angeles County District Attorney's Office issued a report Wednesday concluding there was not enough evidence to prove the case beyond a reasonable doubt.

A woman who accused Doughty of raping her said she had consensual sex with him previously.

She told of drinking with him at a Hermosa Beach bar, then going to his home, where she alleged he assaulted her.

THE ASSOCIATED PRESS

Drew Doughty
GETTY IMAGES FILE

NHL

O'Brien, Gryba re-up with Sens

The Ottawa Senators re-signed forward Jim O'Brien and defenceman Eric Gryba to two-year contracts Wednesday.

O'Brien was recalled from the Senators' AHL affiliate in February.

The 23-year-old had three goals and three assists in 28 games and one assist in the playoffs.

Gryba's deal, meanwhile, is a two-way contract. The Saskatoon native spent all of last season in the AHL, where he recorded five goals, 15 assists and 98 penalty minutes in 73 games.

THE CANADIAN PRESS

Calgary Stampeders quarterback Kevin Glenn throws as he is rushed by Montreal Alouettes linebacker Kenny Ingram last Thursday in Montreal.
PAUL CHIASSON/THE CANADIAN PRESS

Glenn says he's put shaky start behind him

CFL. The Stampeders' replacement for Drew Tate says he's ready to guide team against the Roughriders Thursday

Quoted

"It's crazy because I played in Saskatchewan and when we used to come to Calgary, I used to say, 'Man, we've got a lot of fans'."

Calgary quarterback Kevin Glenn knows Rider Nation will be on hand to give Saskatchewan a boost in its bid to remain the league's only undefeated team

It's not going to get any easier for Calgary's newly minted starting quarterback Kevin Glenn.

With Drew Tate electing to have shoulder surgery that will sideline the quarterback for the rest of the CFL season, Glenn has stepped into the starter's role but is off to a shaky start.

Glenn threw a costly interception late in the game against Montreal and the Alouettes rallied to beat Calgary 33-32.

He said he's put that game behind him and is ready to guide Calgary in an important divisional match against the unbeaten Saskatchewan Roughriders on Thursday at McMahon Stadium.

"The biggest thing for us as an offence is to stay on the field, keep their offence off the field and put points on the board," Glenn said Wednesday. "What we can do is we can come out here and give 100 per cent on the field and try our best to produce wins for the fans."

Glenn, 33, started his career in Saskatchewan, where he played three seasons with the Riders from 2001-03 before going on to suit up for the Winnipeg Blue Bombers, the Tiger-Cats and now the Stamps.

Roughriders quarterback Darian Durant has no doubt that Glenn has the ability to bounce back with a solid performance after two straight road losses.

"He's never really been a guy that gets down after a big game," Durant said. "He always bounces back. He always gives his team an opportunity to win.

Saskatchewan's rookie head coach Corey Chamblin hopes vocal Riders fans help his team to a fourth straight win to start the season.

"We're 3-0 and hopefully there's more green than red here, then I'd really love it," Chamblin said.

THE CANADIAN PRESS

NHL labour talks remain peaceful for now

NHL commissioner Gary Bettman speaks to reporters on Wednesday in New York. JASON DECROW/THE ASSOCIATED PRESS

The NHL and the NHL Players' Association resumed labour talks at the league offices in New York on Wednesday.

The two sides held a cordial meeting for more than two hours in another round of negotiations for a new collective bargaining agreement before the current one expires on Sept. 15.

Executive director Donald Fehr said the NHLPA has not yet decided to make a counter-offer to the league's initial proposal last week.

"We requested further information," Fehr said. "The initial proposal we are looking hard at.

Quoted

"We have a lot of work to do and a relatively short time."

NHL commissioner Gary Bettman

"We're not at that stage (to submit a counter) yet. At the appropriate point in time, we'll make our proposal."

There were multiple reports coming out of the last round of talks that the owners' offer included players' hockey-related revenues getting slashed from 57 per cent to 46 per cent. It also was reported that players would be forced to wait 10 years before becoming unrestricted free agents and that contracts would be limited to five years.

Fehr said the NHLPA would submit a proposal "at the appropriate point in time." He did not specify when that would be.

NHL commissioner Gary Bettman said the league's offer last week was a "serious proposal." THE ASSOCIATED PRESS

4 SPORTS

Cycling

Wiggins' lead grows in France

Cadel Evans' hopes of retaining his Tour de France title collapsed Wednesday in the first day of Pyrenees punishment, losing ground to leader Bradley Wiggins in the 16th stage won by Thomas Voeckler. Evans fell from fourth to seventh overall after struggling on the last two climbs out of four in the stage, while Wiggins wore the yellow jersey a little more comfortably. Evans said he had been battling stomach problems. Also Wednesday, Luxembourg rider Frank Schleck denied taking any banned substance despite testing positive for a forbidden diuretic at the Tour de France, and has suggested he may have been poisoned. The RadioShack Nissan Trek team leader said he "formally rejects" having taken any banned substance, and requested the "B" sample to be tested. THE ASSOCIATED PRESS

Mobile sports

The Brooklyn Nets' public courtship of Magic centre Dwight Howard has come to end — for now. The Nets signed Brooke Lopez to a four-year, $61-million US extension on Wednesday and the seven-footer says he's harbouring no hard feelings. Scan the code for the story.

Emilie Heymans dives in the three-metre springboard event at the Canadian Olympic trials in Montreal in May. STEVE RUSSELL/TORSTAR NEWS SERVICE

Heymans plunging towards history

Diving. One more podium finish will put Canadian legend in league of her own

Emilie Heymans could earn a special place in the annals of the Olympic Games this summer in London.

A podium finish in one of her two events would make her the first diver in history to win a medal at four consecutive Olympics.

Her record is already impressive: She has won at least one medal in each of the major multi-sport games — Olympic, Commonwealth and Pan American — since her arrival on the international scene in 1999. In addition to her 15 medals, she won the 2003 world championship in the 10-metre tower and was runner-up in the three-metre springboard at the worlds in 2009.

But Heymans is not the type to dwell on her list of accomplishments. Leave that to her biggest fan, her father Eric Heymans.

"My father is very involved in my career," says the 30-year-old diver. "He manages my sponsorship and media requests. I consult him often and he's the person whose opinion matters most to me."

In fact, Heymans has always relied on the support of both her parents throughout her career. Both were elite athletes in their own time.

Eric Heymans played soccer in Belgium, his home country, and her mother, Marie-Paule Van Eyck, competed in Montreal's 1976 Olympics as a member of the Belgian fencing team.

"We have always considered it a privilege to support her career," said her father.

No matter what happens in London, Heymans has already realized her dream.

"My childhood dream was just to go to the Olympics," says Heymans. "It remained a dream and I didn't think I could achieve it. So to have taken part four times, it's really extraordinary."

After the London Games, Heymans plans to retire from diving to begin another career she believes will be just as exciting. With a degree in fashion marketing, she's working on developing her own line of swimwear.

THE CANADIAN PRESS

Playing hurt just part of Olympic sacrifice

When Canada's Olympic athletes prepare to dig in their oars, power down the track or execute a gravity-defying manoeuvre on the uneven bars, many may start with a silent prayer: "Please, God, don't let me get injured."

Pushing their bodies to the limits of physical endurance, competitors are all too aware they could pull a hamstring, sprain an ankle or worse.

"Injuries are unfortunately an inevitable part of physical performance," concedes Dr. Penny Werthner, a sports psychologist at the University of Ottawa who works with the national canoe-kayak team and diver Emilie Heymans.

And while most athletes gunning for Olympic medals are reluctant to speak about it publicly, many are likely nursing sore muscles and joints and keeping tabs on other not-quite-perfectly healed injuries as they prepare for London.

"I think every athlete who reaches any kind of high-performance role at the world and Olympic level has probably had several serious injuries as a result of hard training, breaking something or pulling muscles," says Werthner.

Kyle Shewfelt is a case in point.

The Calgary gymnast captured the gold medal in floor exercises at the 2004 Olympics, but 11 months before the 2008 Games, he broke both upper tibias after a mistimed landing on the vault at a World Cup event.

Surgery and months of rehab, followed by hard training, allowed Shewfelt to compete at Beijing, though his performance couldn't match pre-injury levels. But even before shattering those shin bones, he was no stranger to serious injury.

In spring 2004, he severely bruised the main bone in his ankle and wasn't able to resume practising his routines until about a month before the Athens Games.

"Advil was my best friend," Shewfelt quips.

"I think many that are competing at the Olympic Games are on a heavy dose of anti-inflammatories. But it's just par for the course."

THE CANADIAN PRESS

Quoted

"When you're a gymnast, you really are dealing with an injury every day. That's kind of the reality of it. There's always something that hurts."

Calgary's Kyle Shewfelt

Basketball. With NBAers in town, largely ignored hoops gets some attention

The question would be almost unimaginable in North America.

"Who's No. 6?" a reporter asked a U.S. official.

Yes, even LeBron James isn't recognized everywhere in Britain, where soccer is king and basketball is an afterthought.

That will change at least briefly in Manchester on Thursday, with James and the U.S. Olympic team bringing it some rare attention with a game against Britain.

It's only an exhibition, so the result doesn't matter. But the event does, to those who want to see basketball gain a place in Britain's sports culture.

"This is a massive opportunity for British basketball to get some oxygen, to breathe life into the sport in this country," said Chris Mitchell, who calls Britain's games for BBC Radio. "Team USA being here is arguably the biggest-ever game this country has hosted." THE ASSOCIATED PRESS

LeBron James THE ASSOCIATED PRESS FILE

Quoted

"They will represent their country, they will cheer on their team and hopefully we can just play well in front of them."

LeBron James on playing in Manchester, England, on Thursday.

Sex in the village. Party time for athletes fuelled by testosterone in London

Sex and the City move over. Here comes Sex in the Village. Make that athletes' village. As in Olympics.

Tales of shenanigans at the living quarters for 10,000 superfit young men and women have always abounded, and London doesn't look as if it will be any different.

U.S. women's soccer star Hope Solo recently dished about serious partying at the Beijing Games, and some newly arrived athletes say they can hardly wait for the fun to begin.

Most will restrain from going too far, aware they're in the international spotlight.

Still, there's no need to be prudish, according to the man overseeing the health of the Brazilian team.

"(Sex) is common at the Olympics. It's necessary. It's natural," Dr. Joao Olyntho Machado Neto said. "If you are going to be healthy people, why not make sex?

"Brazil is very tolerant with sex as a country. We don't have Victorian minds and we're not religious." THE ASSOCIATED PRESS

Quoted

"The Olympics is the height of your career, so you might do some things you don't usually do."

British beach volleyball player Shauna Mullin

Athletes' village

Water runs dry after pipe delays

Parts of the athletes' village at the London Olympics are without water after delays installing pipes.

The café in the village's shopping area was closed for several hours on Wednesday and other "grab-and-go" cafés were also affected.

Organizers expect the issue to be resolved by Thursday.

THE ASSOCIATED PRESS

Security

Border guards vote to strike

The union representing immigration staff at British airports says its members have voted to go on strike in a dispute over pay and job losses.

The vote by the Public and Commercial Services Union raises the possibility of a walkout during the Olympics, although no strike date has been set. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Usually criticism goes right over your head but today it won't be so easy to ignore what others say. Could it be because you know it is true? Maybe you can learn from what they have to tell you.

♉ Taurus
April 21 - May 21
No matter how many important things you have to take care of, you must make time for social activities. Being with fun-loving people will make you feel good too. All work and no play is not a recipe for happiness.

♊ Gemini
May 22 - June 21
The more sacrifices you make in one area today, the more you will gain in other areas. Financially, this is one of the best times of the year to replace the old with the new, so be ready to make changes.

♋ Cancer
June 22 - July 23
A new moon in your sign means you should be making big plans, the kind of plans that get other people talking. If you have a clear goal and always think positive you cannot fail. So what are you waiting for?

♌ Leo
July 24 - Aug. 23
Spend some time by yourself today so you can think about recent events and make sense of what's been happening in your life. Invest in a pair of really good ear plugs and shut yourself off from the world.

♍ Virgo
Aug. 24 - Sept. 23
Self-confidence is essential if you want to make progress, so don't waste time questioning your motives or your methods. Just get on with what you are doing.

♎ Libra
Sept. 24 - Oct. 23
The decisions you make over the next 24 hours will affect your career aims for a long time to come. Make sure you know what it is you want then make the effort to go out and get it. All things are possible.

♏ Scorpio
Oct. 24 - Nov. 22
Today's new moon will do wonders for your self-belief and make it easier for you to take the kind of risks that make good things happen. You will be extremely adventurous over the next 24 hours.

♐ Sagittarius
Nov. 23 - Dec. 21
Do you continue with a business deal that you are increasingly unsure of or do you give up on it? Don't feel you have to carry on just because other people want you to. It's your life and your choice.

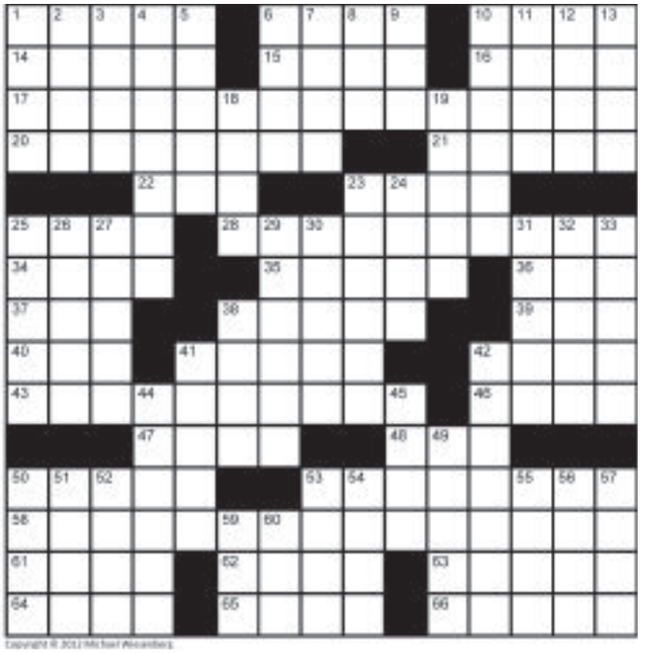
♑ Capricorn
Dec. 22 - Jan. 20
A new moon in your opposite sign of Cancer means a new start is possible for a relationship that has been fading a bit. But don't leave it up to the other person to make the first move.

♒ Aquarius
Jan. 21 - Feb 19
Today's new moon will be good for your health. If you've been thinking about a new fitness regime, now is the time to do something about it. Don't plan far ahead. Take it one gym session at a time.

♓ Pisces
Feb. 20 - March 20
You will be inspired to try something new and exciting over the next 24 hours and chances are you'll like it so much it will become a central part of your life. New things are fun. SALLY BROMPTON

Crossword: Canadian Geography

BY MICHAEL WIESENBERG



Across
1. Emulate a volcano
6. Bay of Fundy fishing village ("Home of the Highest Tides in the World")
10. Imperfection
14. Glass: Fr.
15. Marshy wasteland
16. Jai follower
17. Cape Columbia, located here, is Canada's northernmost land point
20. In Monashee Mtns., BC's West Kootenay region, it's known as the Golden City
21. Ghostly
22. Hearer
23. Former satellites
25. Lady of pop
28. 4 out of 5 of these are partly in Canada
34. Bypass
35. One at ___
36. Preceding
37. ___ vivant
38. Small rural municipality 100 km SW of Toronto
39. Valiant's oldest
40. Country N. of Slovenia
41. "Understand now?"
42. Loonies
43. AB town, region known for dinosaur fossils
46. Badly behaved
47. "___ Dooby": Orbison's first hit
48. Center start
50. Arise
53. Body of water in central Burnaby, BC
58. 2d-highest peak in both Canada and US, on Yukon-Alaska border
61. Once, once
62. Employed
63. Rides for VIPs
64. Loch ___
65. Art Spiegelman won a Pulitzer for this
66. Cowboy's rope

Down
1. Any time
2. Move: real estate jargon
3. Trendy addresses
4. Make formal dinner arrangements
5. Hot electric car
6. Prayer finish
7. Prayer start
8. Larry and Curly's brother
9. Onassis, by nickname
10. 1983 Nobel Peace Prize winner
11. Banned fruit treatment
12. Indian princess
13. All alternative
18. Actress Helgenberger of *CSI*
19. *Comune* in Brescia, Lombardy, Italy, bordered by Nuvolento, Caino, Botticino
23. SK folk musician Buffy ___-Marie
24. Bank printout: abbr.
25. Curdle, as milk
26. Love: Fr.
27. Knife pitched in infomercials
29. Seldom
30. Online selling
31. Canadian star Reeves
32. Flubbed
33. Sixth ___
38. BBC nickname, with "the"
41. Hamilton, ON-born *SNL* alumnus Martin
42. S-Central ON city between Lakes Couchiching and Simcoe
44. Canada's Logan and Lucania
45. "___ Petite": Jackie Wilson hit
49. Alberto VO5 rival
50. Sign
51. Apple piece
52. Say "!@#$%"
53. 7-Down, in parts of Canada
54. Stops
55. Points a gun
56. *Get Smart* villains
57. ExxonMobil's brand in Canada
59. Total
60. Deep ___ well

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

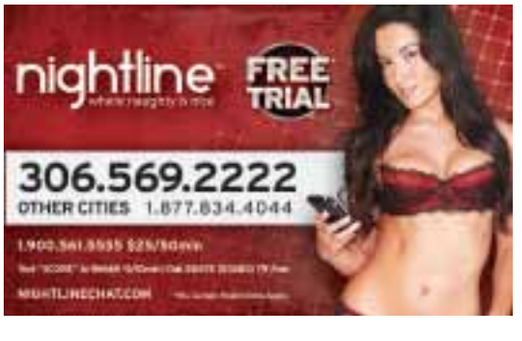
6			1		8			
3	4						6	2
	9			3		8		
	8		6	2				3
		7				6		
5				8	1		2	
		9		5			4	
7	2						9	5
			9		2			1

Yesterday's Sudoku

3	1	4	9	8	7	6	2	5
5	7	6	4	2	1	8	9	3
9	8	2	6	5	3	7	4	1
7	6	8	5	4	2	1	3	9
1	9	5	3	7	6	2	8	4
2	4	3	1	9	8	5	7	6
4	2	1	8	6	9	3	5	7
8	3	9	7	1	5	4	6	2
6	5	7	2	3	4	9	1	8

Read metrowork every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.



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